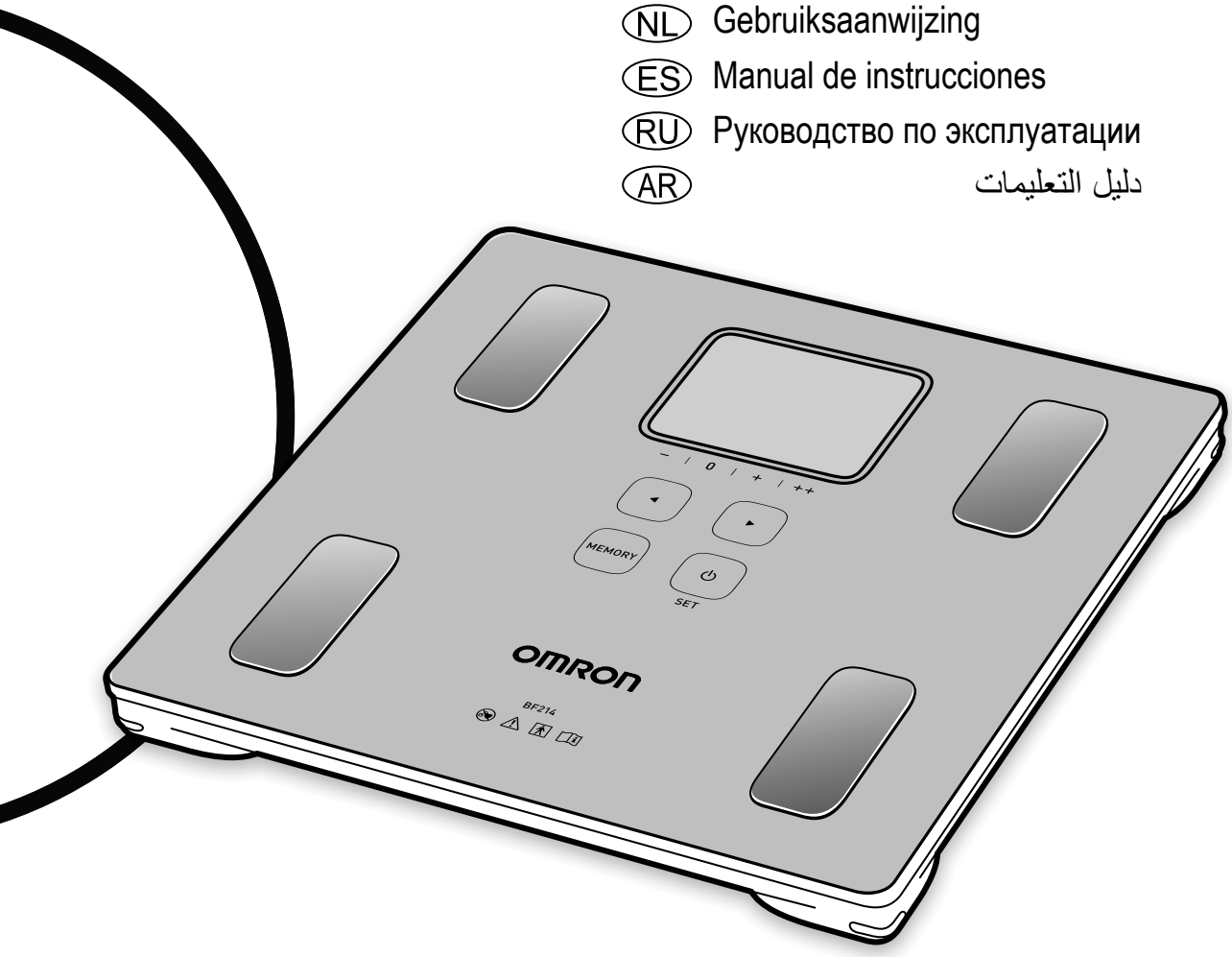
OMRON

EN Instruction Manual
IT Instruzioni per l'uso
DE Gebrauchsanweisung
FR Mode d'emploi
NL Gebruiksaanwijzing
ES Manual de instrucciones
RU Руководство по эксплуатации
AR دليل التعليمات




# Body Composition Monitor
# BF214

**Misuratore della composizione corporea**
**Körperanalyse-Monitor**
**Moniteur de composition corporelle**
**Lichaamscompositiemeter**
**Monitor de Composición Corporal**
**Монитор состава тела**
**جهاز مراقبة مكونات الجسم**

All for Healthcare

IM-HBF-214-EBW-01-08/2012
5337477-2A

(EN) Thank you for purchasing this body composition monitor. It's intended to measure and display the following body composition parameters: body weight, body fat (in %), skeletal muscle (in %) and Body Mass Index (BMI). The 4-sensor technology provides clinically validated body measurements.

Please read this instruction manual carefully before use and for further information on the individual functions.
Please keep this Instruction Manual at hand all the time for future reference.

⚠ Please read all of the information in "12 Notes of safety" carefully.

(IT) Grazie per aver acquistato un misuratore della composizione corporea OMRON. Questo apparecchio è destinato alla misurazione e alla visualizzazione dei seguenti parametri relativi alla composizione corporea: peso corporeo, grasso corporeo (in %), massa muscolare scheletrica (in %) e indice di massa corporea (BMI, Body Mass Index). La tecnologia a 4 sensori fornisce misurazioni corporee clinicamente validate

Leggere attentamente il presente manuale di istruzioni prima dell'uso e per ottenere ulteriori informazioni sulle singole funzioni. Tenere sempre a portata di mano il presente manuale di istruzioni per farvi riferimento in futuro.

⚠ Leggere attentamente tutte le informazioni riportate nella sezione "12 Note relative alla sicurezza".

(DE) Vielen Dank, dass Sie sich für diesen Körperanalyse-Monitor entschieden haben. Er dient zum Messen und Anzeigen der folgenden Körperzusammensetzungsparameter: Körpergewicht, Körperfett (in %), Skelettmuskelanteil (in %) und Body Mass Index (BMI). Die Technologie mit 4 Sensoren liefert klinisch geprüfte Körpermessungen.

Lesen Sie diese Anleitung vor Gebrauch sorgfältig durch. Darin finden Sie weitere Informationen zu den einzelnen Funktionen. Bewahren Sie diese Gebrauchsanweisung jederzeit griffbereit zum späteren Nachschlagen auf.

⚠ Lesen Sie sorgfältig die Informationen unter „12 Sicherheitshinweise".

(FR) Merci d'avoir fait l'acquisition de ce moniteur de composition corporelle. Il est destiné à mesurer et à afficher les paramètres de composition corporelle suivants : poids corporel, graisse corporelle (en %), muscle squelettique (en %) et indice de masse corporelle (IMC). La technologie à 4 capteurs fournit des mesures corporelles validées sur le plan clinique.

Lisez attentivement le présent mode d'emploi avant l'utilisation ; vous y trouverez également des informations complémentaires sur chaque fonction.
Conservez ce mode d'emploi en permanence à portée de main pour vous y référer ultérieurement.

⚠ Lisez attentivement toutes les informations contenues dans le chapitre « 12 Remarques sur la sécurité ».

(NL) Hartelijk dank voor de aanschaf van deze lichaamscompositiemeter. Deze is bedoeld voor het meten en weergeven van de volgende parameters van de lichaamssamenstelling: lichaamsgewicht, lichaamsvet (in %), skeletspiermassa (in %) en Body Mass Index (BMI). De viersensorentechnologie biedt klinisch gevalideerde lichaamsmetingen.

Lees deze gebruiksaanwijzing zorgvuldig vóór gebruik en voor verdere informatie over de afzonderlijke functies.
Houd de gebruiksaanwijzing altijd bij de hand, zodat u deze later kunt raadplegen.

⚠ Lees alle informatie in "12 Veiligheid" zorgvuldig door.

(ES) Gracias por comprar este monitor de composición corporal. Su función es medir y mostrar los siguientes parámetros de composición corporal: peso, grasa (en %), músculo esquelético (en %) e índice de masa corporal (IMC). Su tecnología de 4 sensores proporciona mediciones corporales con validez clínica.

Lea atentamente este manual de instrucciones antes de utilizar el dispositivo y para obtener información adicional sobre cada una de las funciones.
Conserve el manual de instrucciones en caso de que necesite consultarlo en un futuro.

⚠ Lea atentamente toda la información proporcionada en "12 Notas sobre la seguridad".

(RU) Благодарим вас за приобретение монитора состава тела. Монитор предназначен для измерения и отображения следующих параметров состава тела: масса тела, содержание жира в организме (в процентах), скелетная мускулатура (в процентах) и индекс массы тела (ИМТ). Применение 4 датчиков позволяет выполнять клинически достоверные измерения состава тела.

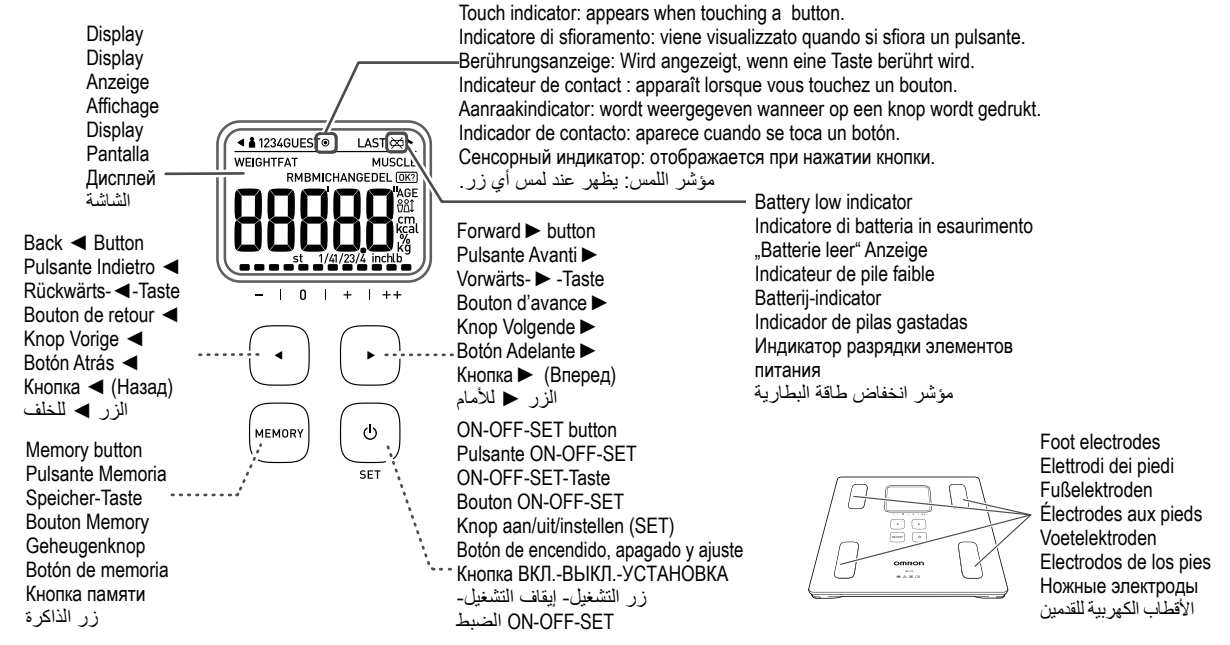
Внимательно прочитайте настоящее руководство перед тем, как приступать к использованию прибора, а также ознакомьтесь с информацией о его дополнительных функциях.
Держите руководство под рукой для получения справок в дальнейшем.

⚠ Внимательно прочитайте все сведения в разделе «12. Замечания по безопасности».

(AR) شكراً لشرائك جهاز مراقبة مكونات الجسم هذا. صمم هذا الجهاز لقياس وعرض خصائص مكونات الجسم التالية: وزن الجسم ونسبة الدهون في الجسم (بالنسبة المئوية) والعضلات الهيكلية (بالنسبة المئوية) ومؤشر كتلة الجسم (BMI). وتوفر تقنية المجسات الأربعة قياسات سريرية صحيحة للجسم.

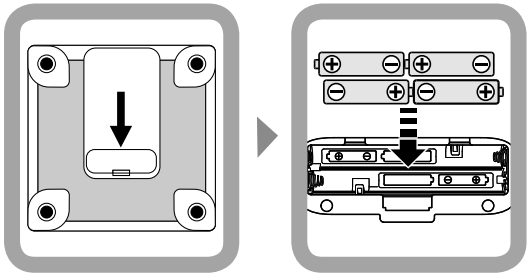
يرجى قراءة كتيب الإرشادات هذا بعناية قبل الاستخدام وللاطلاع على مزيد من المعلومات حول الوظائف الفردية.

⚠ كما يرجى الاحتفاظ بكتيب الإرشادات هذا في متناول اليد للرجوع إليه في المستقبل. كما يرجى قراءة كافة المعلومات الواردة في القسم "١٢ إرشادات السلامة" بعناية.



# 1

(EN) Starting
(IT) Avvio
(DE) Start
(FR) Démarrage
(NL) Starten
(ES) Inicio
(RU) Начало работы
(AR) بدء التشغيل



# 2

(EN) Setup measurement units [cm, kg] → [inch, lb] → [inch, st-lb]
(to reset after initial set up: take the batteries out and re-insert)

(IT) Impostare le unità di misura [cm, kg] → [inch, lb] → [inch, st-lb]
(per modificare il parametro dopo l'impostazione iniziale, estrarre e reinserire le batterie)

(DE) Maßeinheiten einrichten [cm, kg] → [inch, lb] → [inch, st-lb]
(zum Zurückstellen nach der ersten Einrichtung: Batterien herausnehmen und wieder einlegen)

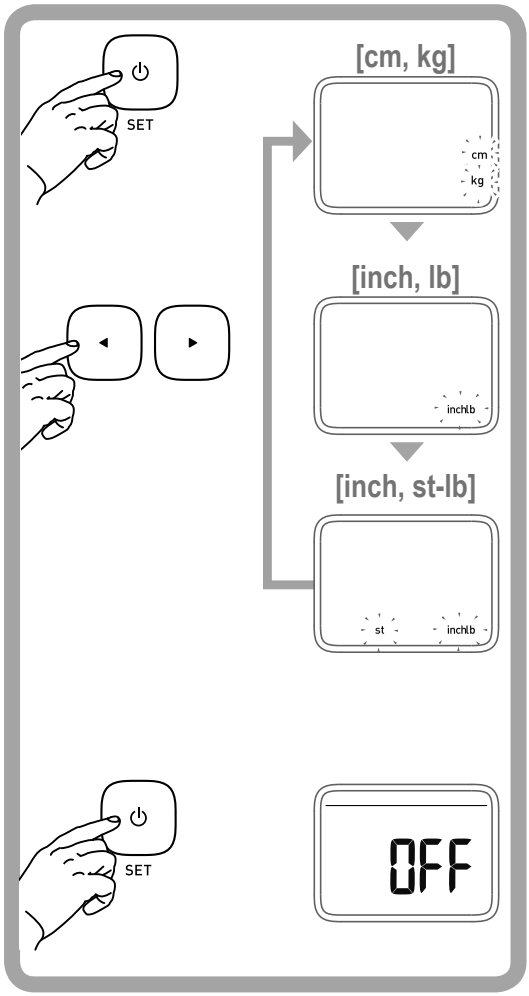
(FR) Configuration des unités de mesure [cm, kg] → [inch, lb] → [inch, st-lb]
(pour réinitialiser après la configuration initiale : enlevez les piles et réintroduisez-les)

(NL) Meeteenheden instellen [cm, kg] → [inch, lb] → [inch, st-lb]
(opnieuw instellen na eerste instelling: neem de batterijen uit en plaats deze terug)

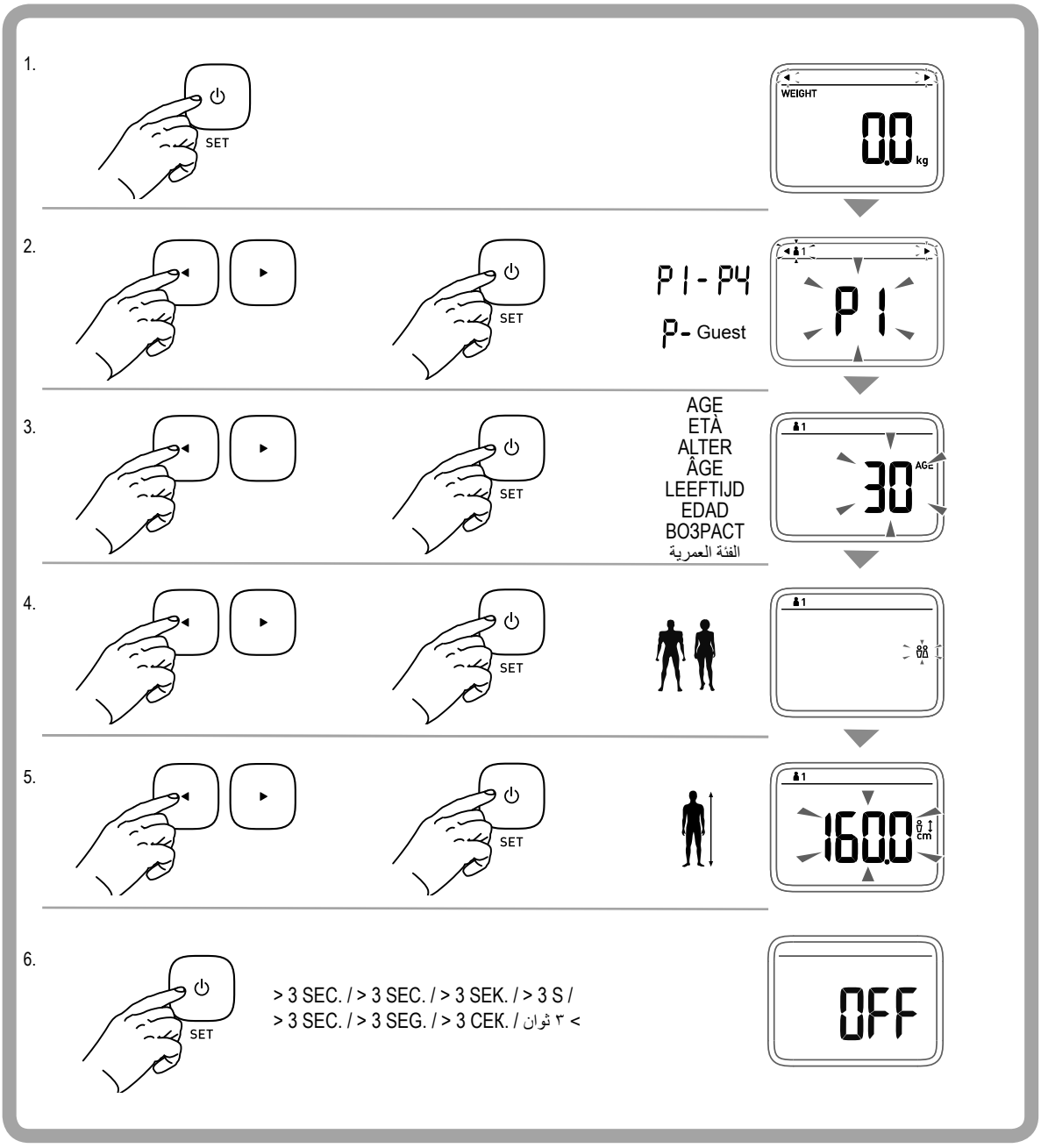
(ES) Ajuste de las unidades de medición [cm, kg] → [pulgadas, lb] → [pulgadas, st-lb]
(para volver a ajustarlas tras el ajuste inicial: saque las pilas y vuelva a colocarlas)

(RU) Настройка единиц измерения [см, кг] → [дюймы, фунты] → [дюймы, стоуны-фунты]
(сброс после начальной настройки: извлеките элементы питания и затем вставьте их на место)

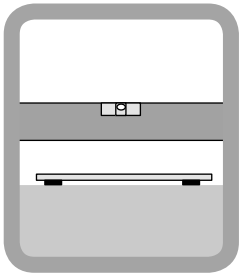
(AR) إعداد وحدات القياس [cm, kg] ← [inch, lb] ← [inch, st-lb]
(لإعادة ضبط الإعدادات: انزع البطاريات ثم أعد إدخالها مرة أخرى)

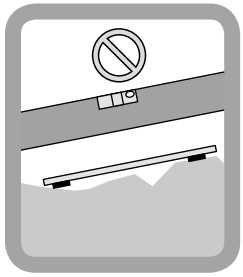


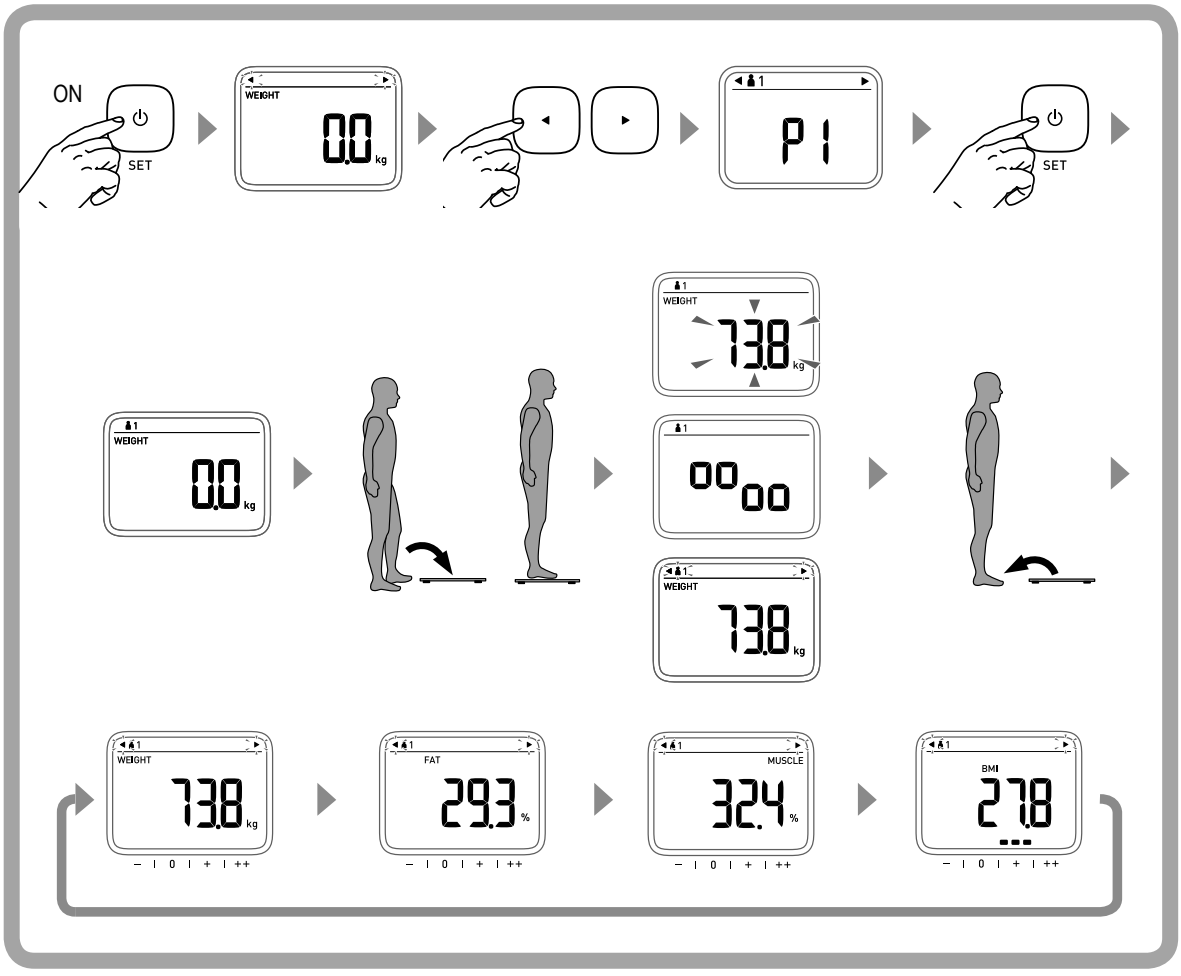
(EN) Setting personal data (P- = Guest mode: data will not be stored / P1 - P4 = Personal profile number).
(IT) Impostazione dei dati personali (P- = Modalità Ospite: i dati non vengono memorizzati / P1 - P4 = Numeri dei profili personali).
(DE) Persönliche Daten einstellen (P- = Gast-Modus: Daten werden nicht gespeichert / P1 - P4 = persönliche Profilnummer).
(FR) Définition des données personnelles (P- = mode Invité : les données ne sont pas stockées / P1 - P4 = numéro de profil personnel).
(NL) Persoonlijke gegevens instellen (P- = gastmodus: gegevens worden niet opgeslagen / P1 - P4 = persoonlijk profielnummer).
(ES) Introducción de datos personales (P- = Modo invitado; no se guardarán los datos / P1 - P4 = Número de perfil personal).
(RU) Установка личных данных (P- = гостевой режим: данные не будут храниться в памяти прибора / P1 - P4 = номер личного профиля).
(AR) ضبط البيانات الشخصية (P- = وضع الضيف Guest: لن يتم تخزين البيانات / P1 - P4 = رقم ملف التعريف الشخصي).



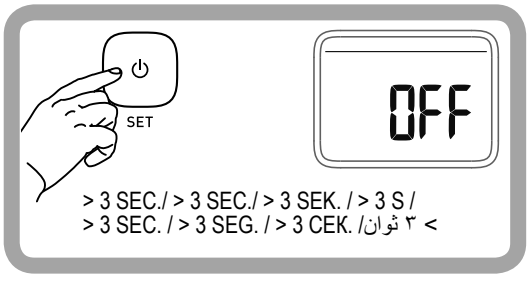
(EN) Body analysis (Always take your measurements barefoot)
(IT) Analisi corporea (eseguire sempre la misurazione a piedi nudi)
(DE) Körperanalyse (Messungen stets barfuß vornehmen)
(FR) Analyse corporelle (effectuez systématiquement vos mesures pieds nus)
(NL) Lichaamsanalyse (metingen altijd met blote voeten uitvoeren)
(ES) Análisis corporal (siempre debe realizar sus mediciones descalzo)
(RU) Анализ тела (всегда выполняйте измерения босым)
(AR) تحليل الجسم (احرص دائمًا على أخذ القياسات وأنت حافي القدمين)



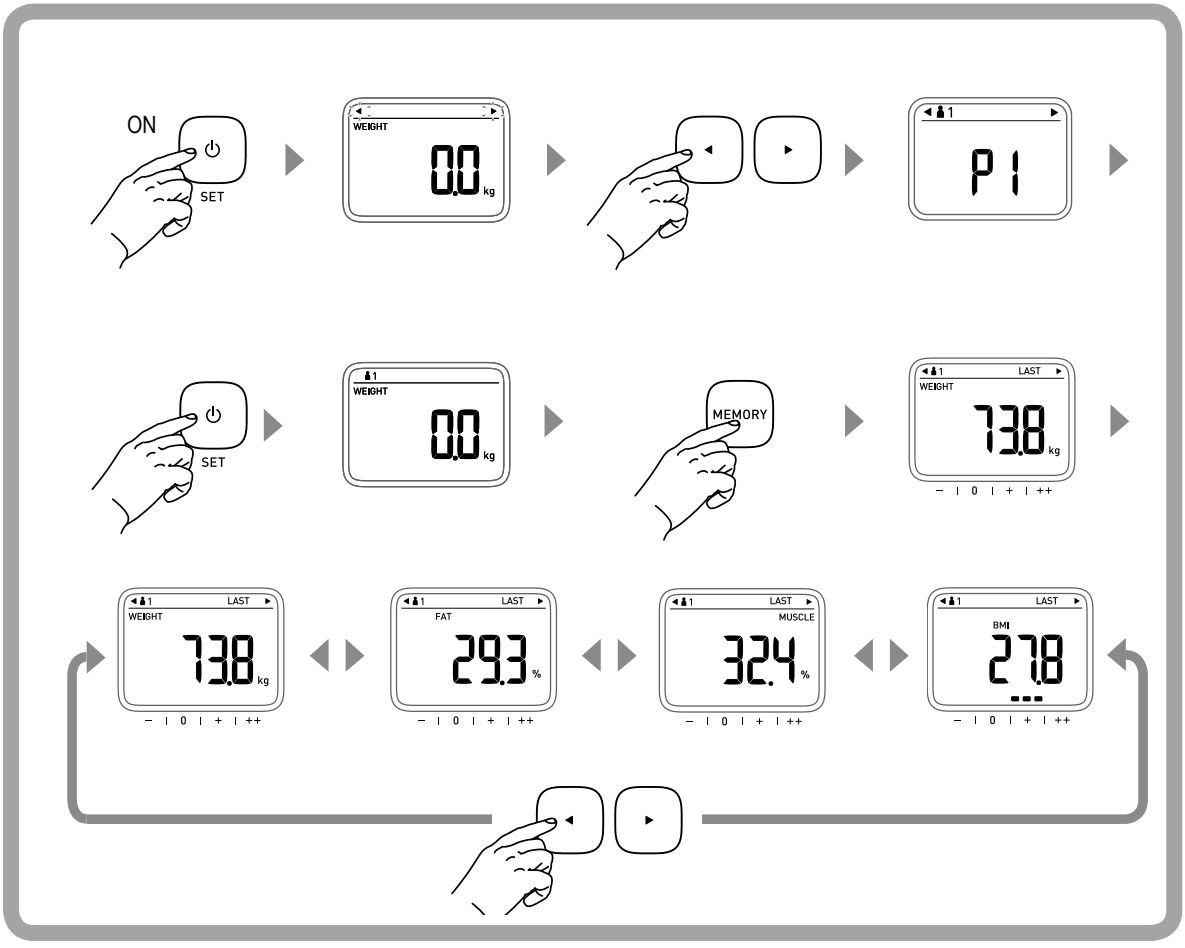





(EN) Switch off (press > 3 sec.) / Auto Off ≥ 3 min.
(IT) Spegnimento (premere > 3 sec.) / Spegnim. automatico ≥ 3 min.
(DE) Ausschalten (> 3 Sek. drücken) / ≥ 3 Min. automatisches Ausschalten
(FR) Mise hors tension (appuyez > 3 s) / Arrêt auto ≥ 3 min
(NL) Uitschakelen (> 3 sec. indrukken) / automatische uitschakeling ≥ 3 min.
(ES) Apagado (pulse > 3 seg.) / Apagado automático ≥ 3 min.
(RU) Выключение (нажимайте > 3 сек.) / автовыключение ≥ 3 минуты.
(AR) إيقاف التشغيل (اضغط على > ٣ ثوان) / إيقاف تلقائي ≤ ٣ دقيقة.



(EN) Viewing the last measurement results. **Note:** When using the guest mode, measurement results are not stored.
(IT) Visualizzazione dei risultati dell'ultima misurazione. **Nota:** in modalità Ospite, i risultati delle misurazioni non vengono memorizzati.
(DE) Die letzten Messergebnisse anzeigen. **Hinweis:** Im Gast-Modus werden keine Messergebnisse gespeichert.
(FR) Visualisation des derniers résultats de mesure. **Remarque :** Lorsque le mode Invité est utilisé, les résultats de mesure ne sont pas stockés.
(NL) De laatste meetresultaten bekijken. **Opmerking:** in de gastmodus worden meetresultaten niet opgeslagen.
(ES) Visualización de la última medición. **Nota:** cuando se utiliza el modo invitado, no se guardan los resultados de las mediciones.
(RU) Просмотр результатов последнего измерения. Примечание: При использовании гостевого режима результаты измерений не сохраняются.
(AR) عرض نتائج القياس الأخيرة. **ملاحظة:** عند استخدام الوضع Guest (ضيف)، لا يتم تخزين نتائج القياس.




(EN) Switch off (press > 3 sec.) / Auto Off ≥ 3 min.
(IT) Spegnimento (premere > 3 sec.) / Spegnim. automatico ≥ 3 min.
(DE) Ausschalten (> 3 Sek. drücken) / ≥ 3 Min. automatisches Ausschalten
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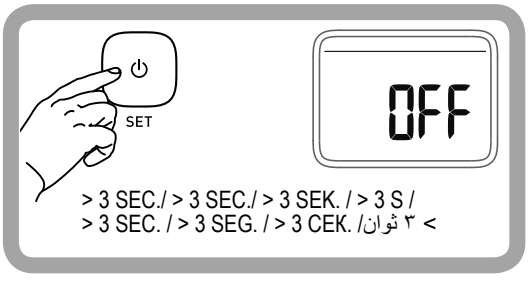
(AR) إيقاف التشغيل (اضغط على > ٣ ثوان) / إيقاف تلقائي ≤ ٣ دقيقة.



**Interpretation of your measurement results / Analisi dei risultati della misurazione / Interpretation Ihrer Messergebnisse / Interprétation des résultats de vos mesures / Interpretatie van meetresultaten / Interpretación de los resultados de sus mediciones / Интерпретация результатов измерений / شرح نتائج القياسات الخاصة بك**

**Body Fat / Grasso corporeo / Körperfett / Graisse corporelle / Lichaamsvet / Grasa corporal / Содержание жира / نسبة الدهون في الجسم**

| | AGE<br>ETÀ<br>ALTER<br>ÂGE<br>LEEFTIJD<br>EDAD<br>ВОЗРАСТ<br>الفئة العمرية | low<br>basso<br>niedrig<br>bas<br>laag<br>bajo<br>низкое<br>منخفض | normal<br>normale<br>normal<br>normal<br>normaal<br>normal<br>нормальное<br>طبيعي | high<br>alto<br>hoch<br>haut<br>hoog<br>alto<br>высокое<br>ارتفاع | very high<br>molto alto<br>sehr hoch<br>très haut<br>zeer hoog<br>muy alto<br>очень высокое<br>عالية جدا |
|---|---|---|---|---|---|
|  | 10 | < 16.1% | 16.1 - 32.2% | 32.3 - 35.2% | ≧ 35.3% |
| | 11 | < 16.3% | 16.3 - 33.1% | 33.2 - 36.0% | ≧ 36.1% |
| | 12 | < 16.4% | 16.4 - 33.5% | 33.6 - 36.3% | ≧ 36.4% |
| | 13 | < 16.4% | 16.4 - 33.8% | 33.9 - 36.5% | ≧ 36.6% |
| | 14 | < 16.3% | 16.3 - 34.0% | 34.1 - 36.7% | ≧ 36.8% |
| | 15 | < 16.1% | 16.1 - 34.2% | 34.3 - 36.9% | ≧ 37.0% |
| | 16 | < 15.8% | 15.8 - 34.5% | 34.6 - 37.1% | ≧ 37.2% |
| | 17 | < 15.4% | 15.4 - 34.7% | 34.8 - 37.3% | ≧ 37.4% |
| | 18 - 39 | < 21.0% | 21.0 - 32.9% | 33.0 - 38.9% | ≧ 39.0% |
| | 40 - 59 | < 23.0% | 23.0 - 33.9% | 34.0 - 39.9% | ≧ 40.0% |
| | 60 - 80 | < 24.0% | 24.0 - 35.9% | 36.0 - 41.9% | ≧ 42.0% |
|  | 10 | < 12.8% | 12.8 - 27.9% | 28.0 - 31.8% | ≧ 31.9% |
| | 11 | < 12.6% | 12.6 - 28.5% | 28.6 - 32.6% | ≧ 32.7% |
| | 12 | < 12.3% | 12.3 - 28.2% | 28.3 - 32.4% | ≧ 32.5% |
| | 13 | < 11.6% | 11.6 - 27.5% | 27.6 - 31.3% | ≧ 31.4% |
| | 14 | < 11.1% | 11.1 - 26.4% | 26.5 - 30.0% | ≧ 30.1% |
| | 15 | < 10.8% | 10.8 - 25.4% | 25.5 - 28.7% | ≧ 28.8% |
| | 16 | < 10.4% | 10.4 - 24.7% | 24.8 - 27.7% | ≧ 27.8% |
| | 17 | < 10.1% | 10.1 - 24.2% | 24.3 - 26.8% | ≧ 26.9% |
| | 18 - 39 | < 8.0% | 8.0 - 19.9% | 20.0 - 24.9% | ≧ 25.0% |
| | 40 - 59 | < 11.0% | 11.0 - 21.9% | 22.0 - 27.9% | ≧ 28.0% |
| | 60 - 80 | < 13.0% | 13.0 - 24.9% | 25.0 - 29.9% | ≧ 30.0% |

HD McCarthy et al, in the International Journal of Obesity, Vol. 30, 2006, and by Gallagher et al., American Journal of Clinical Nutrition, Vol. 72, Sept. 2000, and classified into four levels by Omron Healthcare.

**Skeletal muscle / Massa muscolare scheletrica / Skelettmuskeln / Muscle squelettique / Skeletspiermassa / Músculo esquelético / Скелетная мускулатура / العضلات الهيكلية**

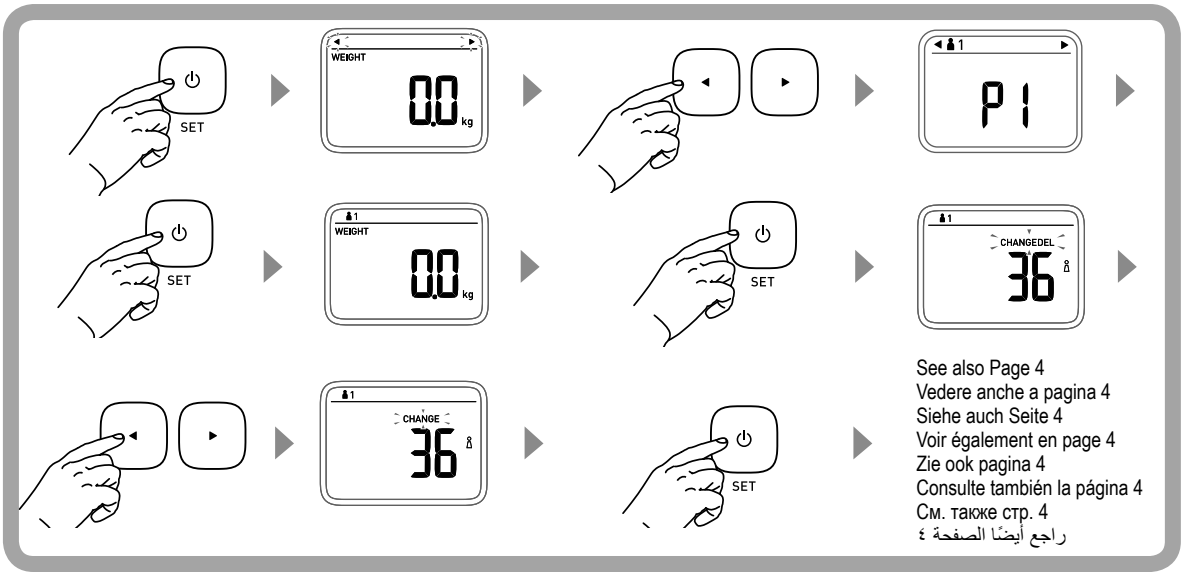
| | AGE<br>ETÀ<br>ALTER<br>ÂGE<br>LEEFTIJD<br>EDAD<br>ВОЗРАСТ<br>الفئة العمرية | low<br>basso<br>niedrig<br>bas<br>laag<br>bajo<br>низкая<br>منخفض | normal<br>normale<br>normal<br>normal<br>normaal<br>normal<br>нормальная<br>طبيعي | high<br>alto<br>hoch<br>haut<br>hoog<br>alto<br>высокая<br>ارتفاع | very high<br>molto alto<br>sehr hoch<br>très haut<br>zeer hoog<br>muy alto<br>очень высокая<br>عالية جدا |
|---|---|---|---|---|---|
|  | 18 - 39 | < 24.3% | 24.3 - 30.3% | 30.4 - 35.3% | ≧ 35.4% |
| | 40 - 59 | < 24.1% | 24.1 - 30.1% | 30.2 - 35.1% | ≧ 35.2% |
| | 60 - 80 | < 23.9% | 23.9 - 29.9% | 30.0 - 34.9% | ≧ 35.0% |
|  | 18 - 39 | < 33.3% | 33.3 - 39.3% | 39.4 - 44.0% | ≧ 44.1% |
| | 40 - 59 | < 33.1% | 33.1 - 39.1% | 39.2 - 43.8% | ≧ 43.9% |
| | 60 - 80 | < 32.9% | 32.9 - 38.9% | 39.0 - 43.6% | ≧ 43.7% |

According to OMRON HEALTHCARE figures

**BMI (Body Mass Index / Indice di massa corporea / Körpermassenindex / Indice de masse corporelle / Body Mass Index / Índice de masa corporal / Индекс массы тела / مؤشر كتلة الجسم**

| BMI | Classifications (by the WHO) / Classificazioni (dell'OMS) / Classifications (par l'OMC) / Classificaties (door de WHO) / Clasificaciones (según la OMS) / Классификации (по данным ВОЗ) / التصنيفات (من قبل منظمة الصحة العالمية) | |
|---|---|---|
| < 18.5 | Underweight / Sottopeso / Untergewicht / Poids insuffisant / Ondergewicht / Peso inferior al normal / Недостаточная масса тела / وزن ناقص | - |
| 18.5 - 24.9 | Normal / Normale / Normal / Normal / Normaal gewicht / Normal / Нормально / طبيعي | 0 |
| 25 - 29.9 | Overweight / Sovrappeso / Übergewicht / Excédent de poids / Overgewicht / Sobrepeso / Тучность / وزن زائد | + |
| ≧ 30 | Obese / Obeso / Adipös / Obésité / Obesitas / Obesidad / Ожирение / بدانة | ++ |

(EN) Changing personal data
(IT) Modifica dei dati personali
(DE) Persönliche Daten ändern
(FR) Modification des données personnelles
(NL) Persoonlijke gegevens wijzigen
(ES) Modificación de los datos personales
(RU) Изменение личных данных
(AR) تغيير البيانات الشخصية

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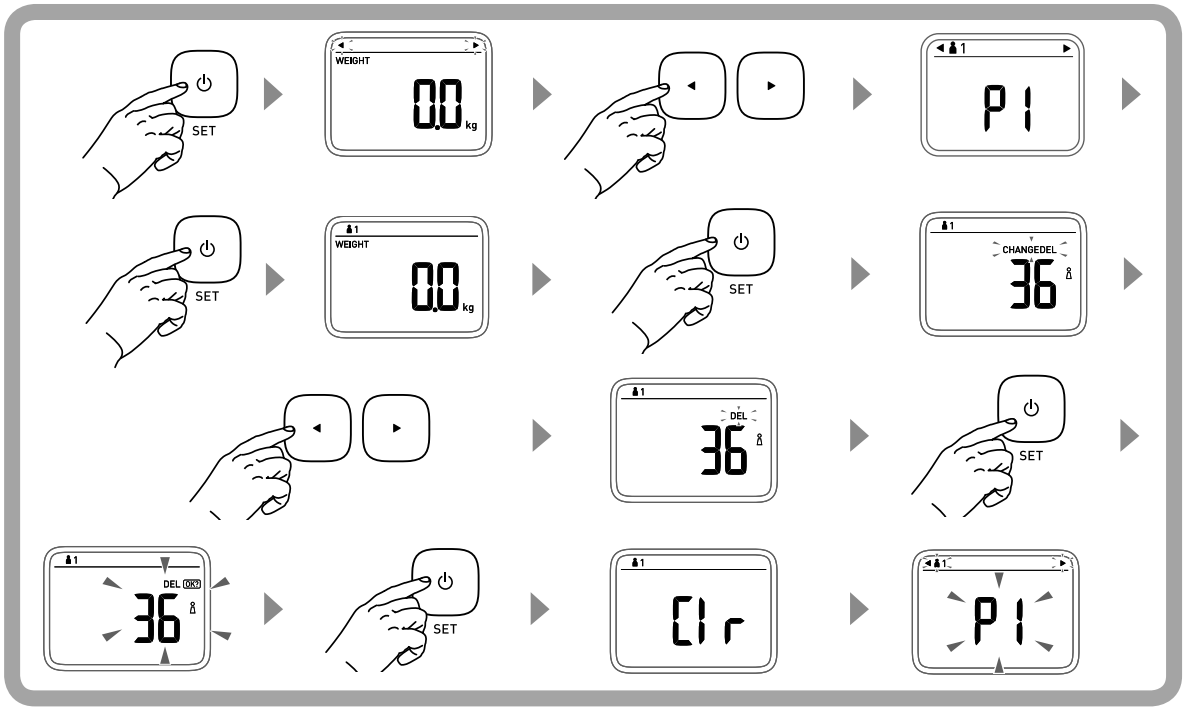
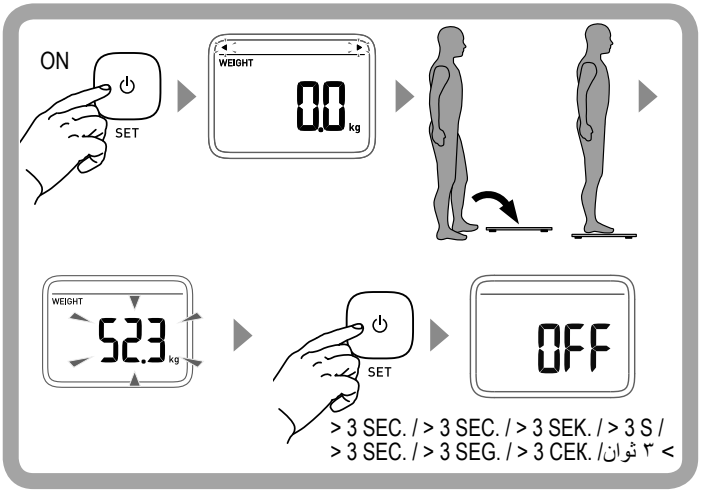
Voir également en page 4
Zie ook pagina 4
Consulte también la página 4
См. также стр. 4
راجع أيضًا الصفحة ٤

(EN) Deleting personal data
(IT) Eliminazione dei dati personali
(DE) Persönliche Daten löschen
(FR) Suppression des données personnelles
(NL) Persoonlijke gegevens verwijderen
(ES) Eliminación de los datos personales
(RU) Удаление личных данных
(AR) حذف البيانات الشخصية



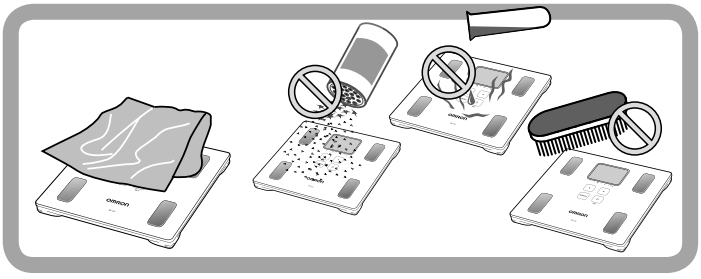
# 8

(EN) Weighing only
(IT) Solo pesatura
(DE) Nur wiegen
(FR) Pesée uniquement
(NL) Alleen wegen
(ES) Sólo peso
(RU) Только взвешивание
(AR) الوزن فقط




# 9

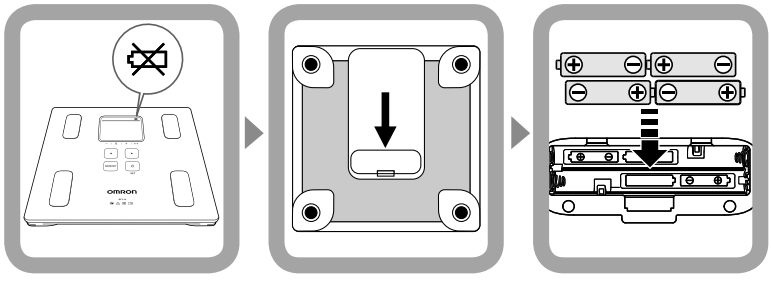
(EN) Cleaning*
(IT) Pulizia*
(DE) Reinigen*
(FR) Nettoyage*
(NL) Reinigen*
(ES) Limpieza*
(RU) Очистка*
(AR) التنظيف*



*Wipe the unit with a soft dry cloth. Do not wipe the unit with benzene or paint thinner.
*Pulire l'unità con un panno soffice asciutto. Non pulire l'unità con benzene o solvente per vernici.
*Wischen Sie das Gerät mit einem weichen trockenen Tuch ab. Wischen Sie das Gerät nicht mit Benzol oder Farbverdünner ab.
*Essuyez l'unité à l'aide d'un chiffon doux et sec. N'essuyez pas l'unité avec un produit à base de benzène ou de diluant.
*Neem het apparaat af met een droge, zachte doek. Neem het apparaat niet af met benzeen of verfverdunner.
*Limpie la unidad con un paño seco suave. No limpie la unidad con benceno o disolvente para pintura.
*Протирайте прибор мягкой сухой тканью. Не протирайте прибор бензолом или растворителем для краски.
*امسح الجهاز بقطعة قماش جافة ناعمة. لا تمسح الجهاز باستخدام البنزين أو مرقق الدهان.

# 10

(EN) Batteries replacement
(IT) Sostituzione delle batterie
(DE) Batterien austauschen
(FR) Remplacement des piles
(NL) Batterijen vervangen
(ES) Sustitución de las pilas
(RU) Замена элементов питания
(AR) استبدال البطاريات



## (EN) Principle of body composition calculation

**Body fat has low electric conductivity**
The BF214 measures the body fat percentage by the Bioelectrical Impedance (BI) method. Muscles, blood vessels and bones are body tissues with a high water content that conducts electricity easily. Body fat is tissue that has little electric conductivity. The BF214 sends an extremely weak electrical current of 50 kHz and less than 500 µA through your body to determine the amount of fat tissue. This weak electrical current is not felt while operating the BF214.
In order for the scale to determine body composition, it uses the electrical impedance, along with your height, weight, age and gender information to generate results based on OMRON´s data of body composition.

**Recommended measurement times**
During the course of a day, the amount of water in the body tends to gradually shift to the lower limbs. This is why there is a tendency for the legs and ankles to swell in the evening or at night. The ratio of water in the upper body and lower body is different in the morning and evening, and this means that the electrical impedance of the body also varies. Being aware of the times when the body fat percentages shift within your own daily schedule will assist you in obtaining an accurate trending of your body fat. It is recommended to use this unit in the same environment and daily circumstances. We recommend to do the measurement always in the morning after getting up with an empty bladder.
Avoid taking measurements under the following conditions:
- Immediately after vigorous exercise, after a bath or sauna.
- After drinking alcohol or a large amount of water, after a meal (about 2 hours)
If a measurement is taken under these physical conditions, the calculated body composition may differ significantly from the actual one because the water content in the body is changing.

**What is BMI (Body Mass Index)?**
BMI uses the following simple formula to indicate the ratio between weight and height of a person.
BMI = weight (kg) / height (m) / height (m) or BMI = weight (lb) / height (inches) / height (inches) × 703
The OMRON BF214 uses the height information stored in your personal profile number or when information in the Guest Mode to calculate your BMI classification.

**What is Body Fat Percentage?**
Body fat percentage refers to the amount of body fat mass in regards to the total body weight expressed as a percentage.
Body fat percentage (%) = {Body fat mass (kg) / Body weight (kg)} × 100

**What is Skeletal Muscle?**
Skeletal muscle can be increased through exercise and other activity.
Increasing the ratio of skeletal muscle means that body can burn energy more easily, which means that it is less likely to turn to fat, and makes it easier to lead an energetic lifestyle.

**The reason calculated results may differ from actual body composition.**
The body composition measured by this unit may significantly differ from the actual body composition in the following situations:
Elderly people (over 81 years old) / People with a fever / Body builders or highly trained athletes / Patients undergoing dialysis / Patients with osteoporosis who have very low bone density / Pregnant women / People with swelling
These differences may be related to changing ratios of body fluid and/or body composition.

## (IT) Principi di calcolo della composizione corporea

**Bassa conducibilità elettrica del grasso corporeo**
L'unità BF214 misura la percentuale di grasso corporeo mediante il metodo dell'impedenza bioelettrica (BI). Muscoli, vasi sanguigni e ossa sono tessuti organici che presentano un elevato contenuto di acqua, un buon conduttore di elettricità. Al contrario, il grasso corporeo (tessuto adiposo) ha una scarsa conducibilità elettrica. L'unità BF214 invia attraverso il corpo una corrente elettrica estremamente debole (meno di 500 µA alla frequenza di 50 kHz) per calcolare la quantità di tessuto adiposo. Questa debole corrente elettrica non viene avvertita durante il funzionamento dell'unità BF214.
Il misuratore della composizione corporea utilizza l'impedenza elettrica, unita alle informazioni relative ad altezza, peso, età e sesso, per ottenere un risultato basato sul modello di composizione corporea elaborato da OMRON.

**Orari consigliati per effettuare la misurazione**
Nell'arco della giornata, l'acqua presente nel corpo tende a spostarsi gradualmente verso gli arti inferiori. Per questo motivo, le gambe e le caviglie tendono a gonfiarsi di sera e di notte. La percentuale di acqua presente nella parte superiore e inferiore del corpo è diversa tra mattina e sera; ciò significa che anche l'impedenza elettrica del corpo tende a variare. Conoscere in quali orari si verificano le variazioni della percentuale di grasso corporeo in base alle attività quotidiane è utile nel valutare correttamente l'evoluzione del proprio grasso corporeo nel corso del tempo. Si consiglia di usare l'unità, per quanto possibile, nello stesso ambiente e nelle stesse situazioni quotidiane. È consigliabile eseguire la misurazione sempre al mattino dopo il risveglio e dopo aver vuotato la vescica.
Evitare l'esecuzione di misurazioni nei casi elencati di seguito:
- Immediatamente dopo un'attività fisica intensa, dopo il bagno o la sauna.
- Dopo aver assunto alcol o bevuto molta acqua, dopo i pasti (circa 2 ore).
Le misurazioni effettuate in queste condizioni fisiche possono dare luogo a un calcolo della composizione corporea che si discosta molto da quella reale, a causa delle variazioni nel contenuto di acqua nell'organismo.

**Che cos'è il BMI (Body Mass Index - Indice di massa corporea)?**
Il BMI viene calcolato mediante una semplice formula e indica il rapporto tra il peso e l'altezza di una persona.
BMI = peso (kg) / altezza (m) / altezza (m) o BMI = peso (lb) / altezza (pollici) / altezza (pollici) × 703
Per calcolare la classificazione del BMI dell'utilizzatore, l'unità OMRON BF214 impiega i dati relativi all'altezza memorizzati nel numero di profilo personale dell'utente o immessi in modalità Ospite.

**Che cos'è la percentuale di grasso corporeo?**
La percentuale di grasso corporeo si riferisce alla quantità di massa corporea grassa, espressa in percentuale rispetto al peso corporeo totale.
Percentuale di grasso corporeo (%) = {Massa grassa corporea (kg) / Peso corporeo (kg)} × 100

**Che cosa sono i muscoli scheletrici?**
I muscoli scheletrici possono essere incrementati attraverso l'attività fisica o di altro tipo.
La presenza di una maggiore quantità di muscoli scheletrici consente al corpo di bruciare energia più facilmente; ciò riduce i rischi di obesità e consente di condurre una vita più dinamica.

**Motivi per cui i risultati della misurazione possono differire dalla composizione corporea effettiva.**
La composizione corporea misurata dall'unità può risultare sensibilmente diversa rispetto alla composizione corporea reale nei casi elencati di seguito:
Persone anziane (di età superiore a 81 anni) / Persone febbricitanti / Body builder o atleti sottoposti a intensi allenamenti / Pazienti sottoposti a dialisi / Pazienti affetti da osteoporosi, che presentano una densità ossea estremamente ridotta / Donne incinte / Persone che presentano gonfiori
Queste differenze potrebbero essere legate alle variazioni nel rapporto tra i fluidi corporei e/o nella composizione corporea.

## (DE) Prinzip der Berechnung der Körperzusammensetzung

**Körperfett hat eine geringe elektrische Leitfähigkeit**
Das BF214 ermittelt den Körperfettanteil mithilfe der bioelektrischen Impedanzanalyse (BIA). Muskeln, Blutgefäße und Knochen sind Körpergewebe mit einem hohen Wassergehalt, die Strom gut leiten. Körperfett ist ein Gewebe mit einer geringen elektrischen Leitfähigkeit. Das BF214 sendet einen sehr schwachen elektrischen Strom von 50 kHz und weniger als 500 µA durch Ihren Körper, um den Anteil des Fettgewebes zu bestimmen. Diesen schwachen elektrischen Strom beim Betrieb des BF214 nehmen Sie nicht wahr.
Die Waage bestimmt die Körperzusammensetzung über den elektrischen Widerstand, zusammen mit Größe, Gewicht, Alter und Geschlecht. Die Ergebnisse werden basierend auf den Daten von OMRON zur Körperzusammensetzung ermittelt.

**Empfohlene Messzeiten**
Im Laufe des Tages sammelt sich das Wasser im Körper langsam in den unteren Extremitäten. Darum tendieren die Beine und Knöchel dazu, gegen Abend oder in der Nacht anzuschwellen. Das Verhältnis von Wasser im oberen und unteren Körper unterscheidet sich morgens und abends. Dies bedeutet, dass sich auch der elektrische Widerstand (Impedanz) des Körpers unterscheidet. Die Trends Ihres Körperfetts schätzen Sie richtig ab, wenn Sie wissen, zu welchen Zeiten sich der Körperfettanteil in Ihrem Tagesrhythmus ändert. Es empfiehlt sich, dieses Gerät immer in derselben Umgebung und unter denselben Alltagsbedingungen zu verwenden. Wir empfehlen, die Messung morgens nach dem Aufstehen mit leerer Blase vorzunehmen.
Nehmen Sie unter den folgenden Bedingungen keine Messungen vor:
- Unmittelbar nach starker körperlicher Betätigung, nach dem Baden oder einem Saunagang.
- Nach dem Genuss von Alkohol oder dem Trinken einer großen Menge an Wasser, nach einer Mahlzeit (ca. 2 Stunden)
Wenn unter den nachfolgend genannten physikalischen Bedingungen eine Messung durchgeführt wird, kann die ermittelte Körperzusammensetzung erheblich vom tatsächlichen Wert abweichen, weil der Wassergehalt im Körper verändert ist..

**Was bedeutet BMI (Body Mass Index)?**
Der BMI gibt mithilfe der folgenden einfachen Formel das Verhältnis zwischen Gewicht und Körpergröße eines Menschen an.
BMI = Gewicht (kg) / Größe (m) / Größe (m) oder BMI = Gewicht (lb) / Größe (inch) / Größe (inch) × 703
Das OMRON BF214 berechnet Ihre BMI-Klassifikation unter Verwendung Ihrer in der persönlichen Profilnummer gespeicherten oder in der Betriebsart GUEST eingegebenen Körpergröße.

**Was ist der Körperfettanteil?**
Unter Körperfettanteil versteht man den in Prozent ausgedrückten Anteil der Fettmasse des Körpers am Gesamtkörpergewicht.
Körperfettanteil (%) = {Körperfettmasse (kg) / Körpergewicht (kg)} × 100

**Was ist ein Skelettmuskel?**
Skelettmuskeln können durch Training und andere Aktivitäten wachsen.
Durch die Erhöhung des Skelettmuskelanteils verbraucht der Körper Energie, die dann nicht in Fett umgewandelt wird. Dadurch wird es leichter, ein aktives Leben zu führen.

**Gründe, weshalb die berechneten Ergebnisse gegenüber der tatsächlichen Körperzusammensetzung abweichen können.**
Die mit diesem Gerät gemessene Körperzusammensetzung kann in den folgenden Situationen sehr von der tatsächlichen Körperzusammensetzung abweichen:
Ältere Menschen (über 81 Jahre) / Menschen mit Fieber / Bodybuilder oder durchtrainierte Sportler / Patienten, die ein Dialyse erhalten / Patienten mit Osteoporose mit sehr geringer Knochendichte / schwangere Frauen / Menschen mit Schwellungen
Diese Abweichungen können durch wechselnde Anteile der Körperflüssigkeit und/oder Körperzusammensetzung bedingt sein.

## (FR) Principe du calcul de la composition corporelle

**La graisse corporelle a une faible conductivité électrique**
L'unité BF214 détermine le pourcentage de graisse corporelle par la méthode de mesure de l'impédance bioélectrique (IB). Les muscles, les vaisseaux sanguins et les os sont des tissus corporels à forte teneur en eau, conduisant facilement l'électricité. La graisse corporelle est un tissu dont la conductivité électrique est faible. L'unité BF214 envoie un courant électrique extrêmement faible de 50 kHz et de moins de 500 µA dans votre corps afin de déterminer la quantité de tissu graisseux. Vous ne ressentirez pas ce faible courant électrique lorsque vous utiliserez l'unité BF214.
Pour déterminer la composition corporelle, la balance utilise l'impédance électrique ainsi que vos informations de taille, poids, âge et sexe pour générer des résultats basés sur les données OMRON relatives à la composition corporelle.

**Périodes de mesure recommandées**
Au cours de la journée, la quantité d'eau dans le corps tend à se déplacer progressivement vers les membres inférieurs. C'est pourquoi les jambes et les chevilles ont tendance à enfler le soir ou la nuit. La proportion d'eau dans les parties supérieure et inférieure du corps est différente le matin et le soir, ce qui signifie que l'impédance électrique du corps varie également. Connaître les périodes où les pourcentages de graisse corporelle évoluent dans votre activité quotidienne vous permettra de suivre avec précision l'évolution de votre graisse corporelle. Il est recommandé d'utiliser cette unité dans le même environnement et dans les mêmes conditions quotidiennes. Nous vous recommandons d'effectuer systématiquement la mesure le matin avec la vessie vide.
Évitez de réaliser des mesures dans les conditions suivantes :
- immédiatement après un exercice intense, un bain ou une séance de sauna,
- après l'absorption d'alcool ou d'une grande quantité d'eau, ou après un repas (environ 2 heures).
Si une mesure est réalisée dans ces conditions physiques, la composition corporelle calculée peut différer considérablement de la composition corporelle réelle en raison de la modification de la teneur en eau dans le corps.

**Qu'est-ce que l'IMC (indice de masse corporelle) ?**
L'IMC utilise la formule simple suivante pour indiquer le rapport entre le poids et la taille d'une personne.
IMC = poids (kg) / taille (m) / taille (m) ou IMC = poids (lb) / taille (po.) / taille (po.) × 703
L'unité OMRON BF214 utilise les informations relatives à la taille qui sont stockées dans votre numéro de profil personnel ou lors de la saisie d'informations en mode Invité afin de calculer votre classification IMC.

**Qu'est-ce que le pourcentage de graisse corporelle ?**
Le pourcentage de graisse corporelle est la quantité de masse graisseuse corporelle rapportée au poids corporel total, exprimée sous forme de pourcentage.
Pourcentage de graisse corporelle (%) = {masse graisseuse corporelle (kg) / poids corporel (kg)} × 100

**Qu'est-ce que le muscle squelettique ?**
Il est possible d'augmenter le muscle squelettique par l'exercice et d'autres activités.
L'augmentation du taux de muscle squelettique signifie que le corps peut brûler de l'énergie plus facilement, diminuant ainsi la probabilité qu'elle se transforme en graisse et facilitant par là même un mode de vie énergique.

**Raison pour laquelle les résultats calculés peuvent différer de la composition corporelle réelle.**
La composition corporelle mesurée par cette unité peut différer considérablement de la composition corporelle réelle dans les cas suivants :
Personnes âgées (plus de 81 ans) / Personnes fiévreuses / Culturistes ou athlètes de haut niveau / Patients sous dialyse / Patients souffrant d'ostéoporose dont la densité osseuse est très basse / Femmes enceintes / Personnes souffrant de gonflements
Ces différences peuvent être liées à des changements des rapports entre le liquide corporel et/ou la composition corporelle.

**Notes of safety**
Please read this instruction manual carefully before use and for further information on the individual functions.

**Danger:**
- Never use this unit in combination with the following medical electronic devices.
(1) Medical electronic implants such as pacemakers.
(2) Electronic life support systems such as an artificial heart/lung.
(3) Portable electronic medical devices such as electrocardiograph.
- This unit may cause the above-mentioned medical electronic devices to malfunction, posing a considerable health risk to users of these devices.

**Warning:**
- Never start weight reduction or exercise therapy solely based on your own judgement. Be sure to follow the instructions of a doctor or specialist.
- Do not use the unit on tiles or other surfaces that may be slippery, such as a wet floor.
- Do not subject the unit to strong shocks, such as vibrating or dropping the unit on the floor.
- Do not jump or bounce on the unit.
- Do not use this unit after taking a bath, or when your body, hands, or feet are wet.
- Do not step on the edge of the unit.
- Do not let a physically handicapped person use this unit without any accompanied assistance. Use a handrail or so when stepping on the unit.

**Caution:**
- This unit is intended for home use only. It is not intended for professional use in hospitals or other medical facilities.
- This unit does not support the standards required for professional use.
- Stand on the unit bare-footed.
- Do not use a cellular phone near the unit.
- Do not disassemble, repair, or remodel the unit.
- Do not use batteries not specified for this unit. Do not insert the batteries with the polarities in the wrong direction.
- Replace worn batteries with new ones immediately.
- Remove the batteries from this unit when you are not going to use it for a long period of time (approximately three months or more).
- Do not use batteries of a different kind together.
- Do not use new and worn batteries together.
- Keep this unit out of the reach of young children.

**General Advice:**
- Do not place this unit on cushioned floor surface such as on a carpet or a mat. Correct measurement may not be possible.
- Do not step on the operation buttons. Doing so may cause malfunction.
- Do not place this unit in highly humid environment, where water may splash, under direct sunshine, in a place where the air conditioner blows directly, or near fire.
- Do not use this unit for purposes other than measuring body weight and body fat percentage.
- Disposal of this product and used batteries should be carried out in accordance with the national regulations for the disposal of electronic products.
- Always keep the unit clean before use.
- Clean the scale before using the unit with people who have a skin or foot disease.
- Do not wash the unit with water.
- Do not wipe the unit with benzene or paint thinner.
- When cleaning the unit, take care not to touch the buttons and change or delete the personal data.
- If storing the unit in a vertical position, always secure it so that it will not fall over.
- Do not store the unit in the following conditions:
  - Where water may get in.
  - Extreme high temperature and humidity, direct sunshine, and dusty places.
  - Where there will be sudden shock or vibration.
  - In storage places of chemicals or where corrosive gas is present.
- Do not place objects on the unit or store it upside-down.

**Troubleshooting**

| Error Display | Possible cause | Correction |
|---|---|---|
| Err 1 | You step off the unit during the measurement. | Do not step off the unit till the measurement is completed. |
| | Your feet are not correctly positioned on the electrodes. | Make sure that you are standing on the unit correctly and try again. |
| Err2 | The measurement position is not stable or your feet are not placed correctly. | Remain still and do not move during measurement. |
| | Feet are too dry. | Slightly moisten the soles of your feet with a damp towel and try again. |
| Err5 | The unit is not set up correctly. | Remove the batteries. Wait one minute. Reinstall the batteries. Touch the ON-OFF-SET button and turn on the power. Retake the measurement. |
| Err | You step onto the unit before 0.0 kg (0.0 lb) is displayed. | Wait until 0.0 kg (0.0 lb) is displayed before stepping onto the unit. |
| | The unit moved before 0.0 kg (0.0 lb) is displayed. | Do not move the unit until 0.0 kg (0.0 lb) is displayed |
| | Movement during measurement. | Do not move till measurement is completed. |
| | Your weight is over 150.0 kg (330.0 lb or 23 st 8.0 lb). | This unit can only be used by people weighing less than 150.0 kg (330.0 lb or 23 st 8.0 lb). |

**Technical Data**

| | |
|---|---|
| Product description | Body Composition Monitor |
| Product name | BF214 |
| Model | HBF-214-EBW |
| Display | Body Weight: 2 to 150 kg with an increment of 0.1 kg / 4.4 to 330.0 lb with an increment of 0.2 lb / 4.4 lb to 23 st 8.0 lb with an increment of 0.2 lb<br>Body Fat percentage: 5.0 to 60.0% with an increment of 0.1%<br>Skeletal Muscle percentage: 5.0 to 50.0% with an increment of 0.1%<br>BMI: 7.0 to 90.0 with an increment of 0.1<br>BMI classification: - (Underweight) / 0 (Normal) / + (Overweight) / ++ (Obese)<br>• The age range for the BMI, BMI classification and Body Fat percentage is 10 to 80 years.<br>• The age range for the Skeletal Muscle percentage is 18 to 80 years. |
| Memory: | Last (previous) measurement results |
| Set Items Personal data information: | The following information for up to 4 people can be stored.<br>Height: 100.0 to 199.5 cm , 3'4" to 6'6 3/4" (increment of 1/4")<br>Age: 10 to 80 years old<br>Gender: Male/Female |
| Weight Accuracy | 2.0 kg to 40.0 kg: ± 0.4 kg, 40.0 kg to 150.0 kg: ± 1% / 4.4 lb to 88.2 lb: ± 0.88 lb, 88.2 lb to 330.0 lb: ± 1% / 4.4 lb to 6 st 4.2 lb: ± 0.88 lb, 6 st 4.2 lb to 23 st 8.0 lb: ± 1% |
| Accuracy (S.E.E.) | Body Fat percentage: 3.5%, Skeletal Muscle percentage: 3.5% |
| Power Supply | 4 AAA batteries (R03) (You may also use AAA alkaline batteries (LR03).) |
| Battery Life | Approximately one year (When AAA manganese batteries are used with four measurements a day at a room temperature of 23°C.) |
| Operating Temperature/Humidity | +10°C to +40°C, 30 to 85 % RH |
| Storage Temperature/Humidity/Air Pressure | -20°C to +60°C, 10% to 95% RH, 700 hPa - 1060 hPa |
| Weight | Approximately 1.6 kg (including batteries) |
| External Dimensions | Approximately 285 (W) × 28 (H) × 280 (D) mm |
| Package Contents | Body composition monitor, 4 AAA manganese batteries (R03), instruction manual |

Note: Subject to technical modification without prior notice.
This device fulfills the provisions of the EC directive 93/42/EEC (Medical Device Directive).


= Type BF CE 0197

OMRON HEALTHCARE EUROPE B.V. guarantees this product for 3 years after date of purchase.
The guarantee does not cover battery, packaging and/or damages of any kind due to misusage (such as dropping or physical misuse) caused by the user. Claimed products will only be replaced when returned together with the original invoice / cash ticket.

**Important information regarding Electro Magnetic Compatibility (EMC)**

With the increased number of electronic devices such as PC's and mobile (cellular) telephones, medical devices in use may be susceptible to electromagnetic interference from other devices. Electromagnetic interference may result in incorrect operation of the medical device and create a potentially unsafe situation.

Medical devices should also not interfere with other devices.

In order to regulate the requirements for EMC (Electro Magnetic Compatibility) with the aim to prevent unsafe product situations, the EN60601-1-2:2007 standard has been implemented. This standard defines the levels of immunity to electromagnetic interferences as well as maximum levels of electromagnetic emissions for medical devices.

This medical device manufactured by OMRON HEALTHCARE conforms to this EN60601-1-2:2007 standard for both immunity and emissions.Nevertheless, special precautions need to be observed:
● Do not use mobile (cellular) telephones and other devices, which generate strong electrical or electromagnetic fields, near the medical device. This may result in incorrect operation of the unit and create a potentially unsafe situation. Recommendation is to keep a minimum distance of 7 m.

Verify correct operation of the device in case the distance is shorter.

Further documentation in accordance with EN60601-1-2:2007 is avail-able at OMRON HEALTHCARE EUROPE at the address mentioned in this instruction manual.Documentation is also available at www.omron-healthcare.com.

**Correct Disposal of This Product(Waste Electrical & Electronic Equipment)**

This marking shown on the product or its literature, indicates that it should not be disposed of, with other household wastes at the end of its working life. To prevent possible harm to the environment or human health from uncontrolled waste disposal, please separate this product from other types of wastes and recycle it responsibly to promote the sustainable reuse of material resources.

Household users should contact either the retailer where they purchased this product, or their local government office, for details of where and how they can return this item for environmentally safe recycling.

Business users should contact their supplier and check the terms and conditions of the purchase contract. This product should not be mixed with other commercial wastes for disposal.

## Addresses / Indirizzi / Adressen / Adresses / Adressen / Direcciones / Контактная информация / العناوين

**Manufacturer**
Produttore
Hersteller
Fabricant
Fabrikant
Fabricante
Производитель
الشركة المُصنعة

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**EU-representative**
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EU-Repräsentant
Mandataire dans l'UE
Vertegenwoordiging in de EU
Representante en la UE
Представитель в ЕС
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